

**Before you start exercising, you
need to talk to your doctor!**



Although exercising is generally good, there are a few times when you should not exercise, Some of the reasons that you shouldn't exercise might include:

- Pregnancy induced hypertension
- Preterm labor
- Persistent bleeding
- Preterm rupture of membranes

As you know, it is very important to be healthy while you are pregnant, so that you can have a healthy baby. Being physically active and eating right are two very important ways of being healthy and feeling good not only while you're pregnant, but for the rest of your life.



So, Let's Get Moving!

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Adapted by the California WIC Program

For the nearest WIC office, call toll free 1-888-WIC-WORKS (1-888-942-9675)

California Department of Health Services

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Let's Get Moving!



Exercise is an important part of being healthy and is very good for you!

DURING PREGNANCY

- Less chance of gestational diabetes
- Less back pain
- Shorter labor
- Less chance of cesarean section
- Quicker postpartum recovery
- Easier weight control
- Better overall feeling



FOR CHILDREN

- Develop early, a habit of being physically active
- Promote healthy growth
- Control weight
- Avoid laziness
- Improve mental alertness



AS A LIFESTYLE

Prevention of:

- Heart disease
- Diabetes
- Depression
- Osteoporosis
- High blood pressure
- Obesity

There are many types of safe, fun and inexpensive exercise.

Some examples are:

- Walking
- Biking
- Swimming
- Aerobics
- Resistance training
- Floor exercises:
 - side leg lifts,
 - front leg lifts, back leg lifts,
 - stomach crunches (do not do these exercises after the first trimester),
 - arm curls and arm lifts



You can use many household items to provide resistance or weight for you—

- A can of soup or other canned food
- A bag of dry beans
- A plastic jug full of sand or water

Other things you can do every day to get more exercise include:

- Parking farther away from stores
- Using the stairs instead of the elevator
- Walking to visit friends instead of driving



For your health, try to be active at least 30 minutes a day. If you don't have time to walk for 30 minutes, try to go for 10 minutes, three times a day. You'll see the difference it makes!